

Sudbury demands accountability from Canadian government



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Photo by Candace Jazvac

Laurentian Professor of Political Science Alan Shandro addresses the crowd at Tom Davies Square.

T.J. Kirby
Contributor

Protestors gathered at Tom Davies square Saturday, Jan. 23rd to demonstrate against the prorogation of Parliament.

Initially, the location for the protest was Hnatyshyn Park until it was moved due to space limitations. OPP officers directed participants to the new location to take part in a nationwide day of action which has seen great support across the country. The demonstrators, approximately 250, gathered around a flat bed truck which served as a stage for some very impassioned speeches. Taking the stage were Laurentian University's own Dr. Alan Shandro and Cathy Orlando along with other community and union leaders.

Organizations such as the United Steel Workers, along with citizens of all ages roused a chant of "Get back to work!" demanding that parliament return before the scheduled Mar. 3rd. Should parliament not return until March, it will be immediately engaged in the Conservative budget, which is to be released the following day. Many allege the prorogation is a deliberate distraction on the part of the Harper government in order to sidetrack parliament from the Afghan Detainee scandal, which was

being investigated by Parliamentary committee prior to prorogation. It is also true that if the Harper government had not prorogued they would have likely had to face a vote of no-confidence.

Prorogation is the term for the ending of a parliamentary session and the discontinuation of all bills in which Parliament was engaged. During prorogation, the Prime Minister must submit a request to the Governor General asking to discontinue the session. The idea of prorogation is to end business until the next session. Therefore any bills that have not achieved Royal Assent, along with any Parliamentary committees in progress are scrapped. Any private members bills will have to be reintroduced once the next parliamentary session begins.

Prime Minister Harper submitted the request to prorogue on Dec. 1. Later that day, Governor General Michaëlle Jean granted Harper's request, ending the parliamentary session. The move was met with an outcry from citizens and bodies of varying political affiliations. Thirty-seven bills and a committee looking into the Afghan Detainee scandal were expunged. It is possible that the committee, the bills, which included a number of crime bills, can be

reintroduced in the next session, although they will be impeded. Furthermore, by the time parliament resumes Harper will have appointed five new Conservative senators.

The official reasoning the Harper government has given for prorogation (this time) was so it could focus its energies on the economy and the Olympics. Opponents, however, claim that this timing was deliberate in order to distract political discourse. This is especially apt considering both the Detainee scandal and vote of no-confidence have been conveniently derailed.

The Liberals and NDP have both put forward proposals which would limit the power of the Prime Minister to prorogue in the future. Liberal leader Micheal Ignatieff said Monday that the Liberal proposal would prevent future Prime Ministers from proroguing "when matters of confidence are before the house". In addition, the proposal would allow for a mandatory 10 day written notice to the House of Commons before prorogation can occur.

It is worth noting that the Conservatives are not the only party to abuse this power. The Liberals have done so quite adeptly historically. On Saturday, protestors across the country moved against

Harper, including an estimated 3 500 on the steps of parliament itself. Each protestor and organizer was sound in their resolve that the Prime Minister abused his power and must be held accountable.

However it is essential to remember that we cannot expect our politicians not to abuse power. It is for that very reason that we have designed a system specifically to separate power among different levels of government. Hundreds of years of political thought have gone into our parliamentary system, inherently so that the legislative branch may check the executive. The fact that our Prime Minister has that kind of power over the legislative branch renders the balance of powers ineffective; this is true regardless of which party is sitting on the executive branch.

Of course, we should be angry with the Harper government for abusing power. However, we as citizens have a responsibility to ensure our political system is equipped to hold politicians to account, they will not do it themselves. This past month has made it evident that real change is required in Canadian politics. We can be as angry with Harper as we want; we have no one to blame but ourselves.



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Letter to the Editor: Sudbury says "No Prorogue, Laurentian says "Wake me up when it's over"

Thomas Sutton
Contributor

On Sat. Jan. 23, despite the cold, several Laurentian students, professors, members of the United Steel Workers and even members of local native communities joined together at Tom Davies square.

They were looking to send a message straight to Parliament and Stephen Harper. Although there was a strong union sentiment, the anti-prorogue rally was united under a common theme: "Say no to prorogation"; this of course being in response to Prime Minister Stephen Harper's decision to prorogue parliament (which prevents elected officials from sitting in the House of Commons).

The rally managed to grab the attention of local Member of Parliament, Glenn Thibeault. I asked Thibeault if he had any comment to make, and he was more than willing to reply. In addition to praising Sudbury's activism, he also questioned Harper's dedication to democracy. "Stephen Harper didn't stop me from working when he prorogued parliament, I am out here still doing my job," says Thibeault. "What he did do was prevent me from representing my constituency in the House of Commons, which is a big problem."

Thibeault was not alone in his support of the event, city council member and former Liberal candidate nominee Janet Gasparini made a speech in favour of the

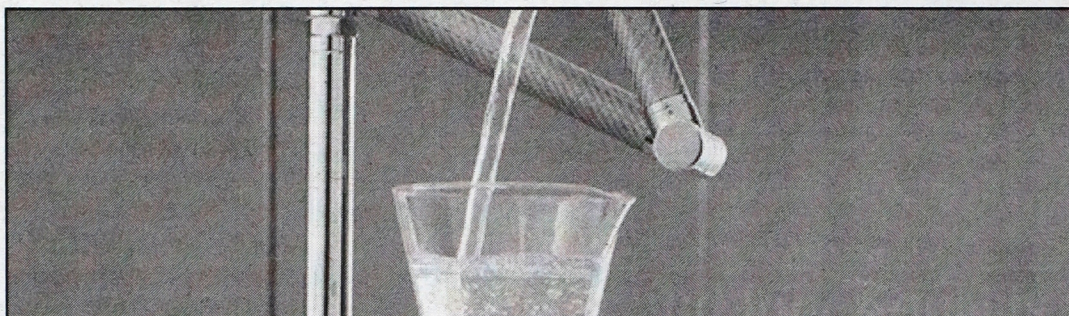
rally's message. Her speech followed the presentation of a written statement prepared by Leo Gerard, International President of the United Steelworkers. It seems like the long ignored mining community from the north has started to get its act together.

One would think anyway. Despite the massive official support the Laurentian student body made a token appearance. It would be inaccurate to say our fellow students did not show some support, but it would be a lie to suggest they made a bold statement by showing up en masse. Most of the people attending were clearly Local 6500 United Steelworkers. This comes as somewhat of a surprise given that I was only made aware of the rally

from a Laurentian anti-prorogation face book group that had over 37 members. Perhaps the last minute change in location to Tom Davies square confused potential rally members or (more likely) one in the afternoon is too early for most students. Admittedly, the previous night's shenanigans almost prevented this reporter from attending the event all together.

A rally is really made to show support for an idea to grab the attention of local leaders. Most of the local leaders in Sudbury already declared their strong support for the Anti-Prorogation movement so the lack of student attendance can be forgiven.

Green tips for Laurentian Students



Kayla Cornthwaite, Sarah Williams and Holly Graham
Contributors

Welcome one and all to a new column that might possibly change your life! We have seen tips on how to get girls, tips on how to write good papers and general tips for staying sane while in University. The Sustainable Earth Club would now like to introduce to you a reason to grab out a pair of scissors and cut up this paper (in a good way).

Not only will you want to cut out the sustainable living tips we will be offering, you will also find reasons to cut up this paper and reuse it after reading. In every issue we would like to provide you with some facts, tips, and creative ways to reuse the newspapers to help you live a more sustainable lifestyle.

To start off, we would like to begin with this well known issue:

Fact: On a worldwide scale, it takes 2.7 million tons of plastic each year to bottle water. To keep up

with the US demand alone, bottled water uses the equivalent of approximately 17.6 million barrels of oil. This amount of oil practically equals the amount required to fuel over a million vehicles.

The price of a re-usable water bottle is as low as \$5.00 for a good quality brand, and you can use it for years! Calculate how much money you spend on bottled water for a month, and you've already spent more than you would have when using a re-usable bottle.

Tip: Choose tap water over bottled water whenever possible. Tap water is generally just as safe, clean and healthy as bottled water. Because most plastic bottles contain a significant amount of toxins and chemicals, using tap water will not only save you money, it will also help save the environment, and your health.

Way #1 to reuse this paper: Newspaper is actually a much better material to use to clean windows or glass of any sort than paper towels. Use this newspaper to clean your windows and mirrors for a streak free shine!

Helping Haiti

Ratnie Shama
Contributor

It was only a few years ago when the deadly Indian Ocean tsunami struck and claimed the lives more than 275 000. The greatest death toll came from Indonesia, Thailand and Sri Lanka. Aid workers have already said the Haiti earthquake disaster is as worse as the 2004 Boxing Day tsunami and believe the Haiti earthquake death toll may surpass that of the tsunami. Greater Sudbury resident Vicki Kett has been doing community work in Haiti on humanitarian projects that have been going on for more than ten years. Through this project she assists in obtaining medical equipment. She and her family have become acquainted with the area very well.

Mayor John Rodriguez also released a statement saying, "This is the type of event that brings perspective to our lives. Whenever there's a disaster in one part of the world, in this case Haiti, it touches all of us."

If you are interested in donating you may go to the Sudbury branch of Red Cross, located at 1460 Fairburn St. or visit redcross.ca. In addition, Laurentian University will be hosting a "Help Haiti" event to raise money for victims of Haiti on Friday, Jan. 29 at 8 p.m. in the Frasier Auditorium.

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Dr. Mads Gilbert speaks to packed classroom

Silver Udo Ekpenyong
Contributor

Palestinians and Israelis have been at each other's throat for the longest time, although one could argue whose back is pinned against the wall right now. Aside from the 'propaganda' and diplomatic failures or victories, the human cost of this conflict however has not made it past the cable network censors.

On January 19th the department of sociology hosted Dr Mads Gilbert, a member of the Norwegian Triage medical team. He and another surgeon Dr Erik Fosse were the only foreign doctors allowed into Gaza during the Israeli offensive of 2008. In a classroom meant to fit about 180 people, more than 200 showed up, and chairs from other class rooms had to be brought in to accommodate everybody comfortably.

The seminar went on without a hitch, Dr Gilbert showed pictures of Palestinian families whose houses have been blown to pieces and therefore are living in tents, those who have lost their loved ones, and most of the population whom have been displaced within their own place of birth. The audience largely listened and felt the emotions that accompany such disconcerting images. Personally, it also reminded me why I'm not a big fan of horror movies.

Dr Gilbert made the point of stating that that he was not in favour of any side in this conflict, however that the excuses that are used to continue this conflict do not hold water. He highlighted the fact that in June 2008 the Egyptians were able to negotiate a "pause" to hostilities between Israel and Palestine as such it is actually possible to achieve some truce. However, hostility resumed just a few months later.

With Hamas and other group Palestinian still firing rockets into Israel, it is pertinent that Israel claim the need and right to defend itself, however that is being accomplished. One might ask if there might ever be a scenario where Israelis can find it in their self interest to promote the safety and prosperity of the Palestinian people. In an ever shrinking and interdependent world, maybe it is not a farfetched idea. Whatever the strategy is for achieving peace it is important that it be timely so as to save the lives and future of a young Palestinian generation.

The seminar concluded with a question and answer session, with a few medical questions being asked by members of the Laurentian medical school. When the Q&A session concluded, people that attended the talk proceeded to the student centre to take pictures with Dr Gilbert.

Doctor addresses Sri Lanka and Israeli-Palestinian issue

Ratnie Shama
Contributor

Dr. Mads Gilbert is an internationally acclaimed Norwegian doctor known for his work in conflict nations such as Afghanistan, Burma, Cambodia, Sri Lanka, and other areas affected by landmines.

Dr. Gilbert gave a brief interview to LAMBDA about the ongoing civil conflict in Sri Lanka, a country where he has provided medical training to dedicated Tamil doctors and nurses. Recently, the Government of Sri Lanka claimed 'victory' by ending its decade old civil war against the Liberation Tigers of Tamil Eelam (LTTE), in which an estimated 80,000 to 100,000 people have been killed. LTTE is a military and political organisation which has been fighting for an independent state named, Tamil Eelam, for ethnic Tamils in the Northern and Eastern parts of Sri Lanka.

By using the Bush Doctrine, "War on Terror," Sinhalese dominated government waged a war without witnesses by ensuring an absence of neutral observers both local and abroad who could report human rights violations and war crimes committed during the conflict. Contrary to the Israeli defence, who claimed a 90% success rate of bombs hitting their targets, the Government of Sri Lanka constantly denied indiscriminate artillery attacks on areas populated by Tamil civilians. Human Rights Watch (HRW) had also requested that the LTTE allow civilians to leave the war zone; however, according to HRW, the Government of Sri Lanka indicated that those

who remained in the war zone would be treated as supporters and combatants of the LTTE. Consequently, the Sri Lankan forces repeatedly bombarded hospitals in the region and so called 'safe zones,' slaughtering Tamil civilians. The bombing of hospitals is against the Geneva Convention, something the Israeli defences have violated in Gaza as well.

Three Tamil doctors remained in the war zone until the end of the conflict, providing first hand information to various media sources about the state of civilians. Sacrificing their lives, the doctors offered vital medical services to injured children, women, and elderly with limited medical supplies. Shortly after, the three doctors were detained by the government for allegedly overstating the civilian casualties to the media. Dr. Gilbert encountered a similar situation when pro-Israelis accused him of staging an incident where he was trying desperately to the save the life of a young boy. Dr. Gilbert says these accusations are simply part of the government's propaganda; and thoughts like these are "pathological." He says doctors are seen as threats to these governments because they can tell the truth to the world. Dr. Gilbert says he believes the numbers provided by the Tamil doctors are accurate and applauds their heroic efforts in the conflict zone. Furthermore, he says perpetrators of these crimes should be taken to the International Tribunal Courts for war crimes against humanity. Dr. Gilbert says the Israeli and Sri Lankan governments have followed the same agenda to wage war:

long lasting siege, disproportionate military attacks, news blockage and humanitarian blockade.

Following Sri Lanka's 'victory', the president sent an astrologer to jail for predicting the president's fall in the next election. Indeed, on Jan. it will be Election Day in Sri Lanka and voters will have the choice to vote for two candidates: the current president or the former army chief, both of whom accuse each other of war crimes.

The Coalition against Israeli Apartheid has been actively organizing a boycott of specific businesses that support Israeli militarism. Furthermore, national trade union coalitions in various countries have endorsed the Boycott, Divestment, and Sanctions (BDS) campaign. Visit www.bdsmovement.net for more information about campaigns and the movement. Similarly, an activist group, "Boycott Sri Lanka" have organized a "No Blood for Panties" video campaign. This innovative video series uses sexuality to promote activism and sends a strong message that consumer habits affects events in Sri Lanka in unforeseen ways. The title for the video series stems from the fact that Sri Lanka is one of the biggest suppliers of lingerie and undergarments to the clothing industry with Sri Lanka making 55 million of the 70 million Victoria's Secret panties every year. To see "No Blood for Panties" and for further information, go to: www.boycottsrilanka.com

As Dr. Gilbert says, "It is unfortunate if we do not stand up to our mortality platform."

The Writers Corner: Writing a thesis that works

The thesis statement contained in your essay is its most important part. As the heart of the paper, it should be constructed to be strong, clear, and concise. Suppose, for instance, that you were assigned the topic of whether or not John A. MacDonald was an effective Prime Minister. If you follow these steps, there's a good chance your thesis statement will do the job:

- Decide what stand you will take on the topic, either positive or negative.
- Write a sentence that expresses that stand/argument clearly.
- Think about how you will prove your argument—what points will you use?
- Think about the order of those proof points; in what order do they make your argument strongest?

Here's a possible thesis statement for our topic:

In general, John A. MacDonald was an effective Prime Minister. He helped organize the Confederation of Canada, was involved in the Manitoba Act, and made the existence of the Canadian Pacific Railway possible.

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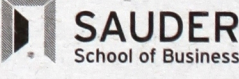
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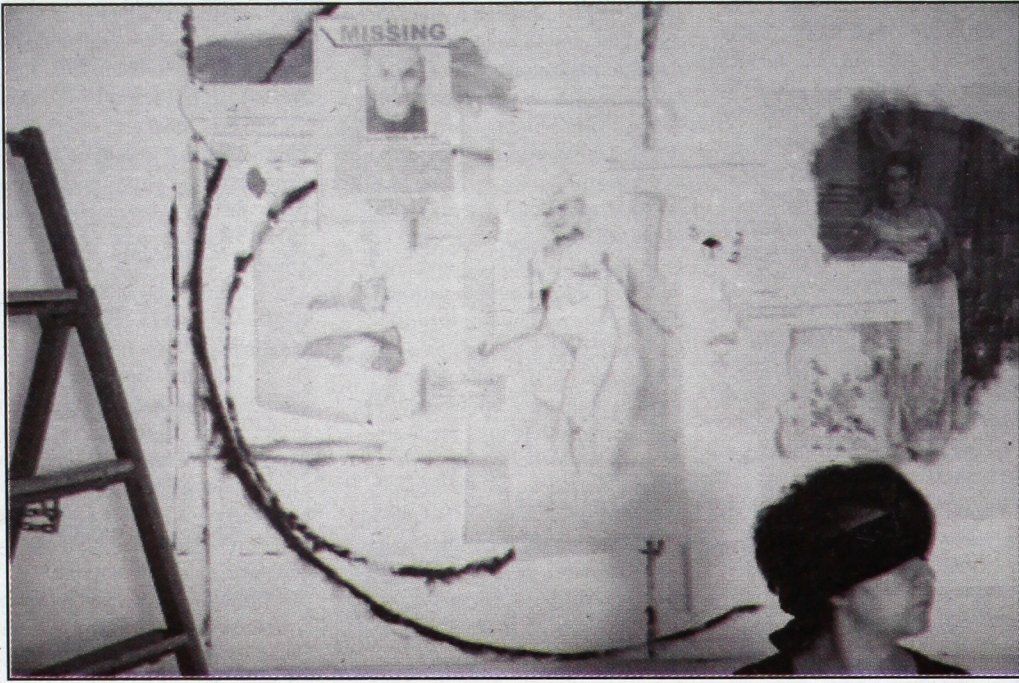
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A New Kind of Art: Mademoiselle M Imperfection is Beauty



Kayla Cornthwaite
Contributor

If you are one of those people who is fascinated with unique and original types of art, you are in for a treat. Mercedes Cueto, a local Sudburian is hosting an exhibit at La Galerie du Nouvel Ontario called "La Confession de Mademoiselle M."

Having studied and done work in both visual art and videography, Cueto mingles both aspects into one which makes for an exciting experience. The exhibition is unconventional in nature but nonetheless holds an abundant amount of beauty. Mercedes draws

the audience in with stories, some personal, some not; creating a setting that is anything but ordinary. The main idea with this particular project is to focus on the extremes. "I'm interested in the extreme, like the extreme things we do for love, and the extreme things we do for beauty," says Cueto.

Imperfection is the main goal attempted through the images on the large vinyl surfaces and the large projector screen. Photographs, fables, maps and videos are all mixed together to share her fascination with this notion that there is beauty in imperfection.

According to Cueto, the

inspiration for the project was simply a poster of a body modification artist who was arrested for performing labia reductions. It inspired her to think about how far people will go for that socially constructed idea of beauty. "It's fascinating what people will do and the extremes they will go through to reach perfection, especially in our society where people are obsessed with looking young and perfect."

La Confession de Mademoiselle M is being exhibited at La Galerie Du Nouvel Ontario 174 Elgin St. The exhibit runs from Jan. 22-Feb. 27 and is open Tuesday-Saturday from Noon-5pm.

Halifax's Jenn Grant returns to Sudbury



Halifax singer/songwriter Jenn Grant returns to Sudbury after her gig at Northern Lights Festival Boreal in 2009. Grant will be accompanied by Jason Plumb and the Willing. Admission is \$10. Must be 19+.

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Listings:

CKLU 96.7 FM/Northern Lights Festival Boreal Presents: Open Stage featuring Pistol George Warren at the Townhouse Tavern, Jan. 28. Admission \$5. Must be 19+. Sign-up at the door.

Jerry Leger and the Situation at the Townhouse Tavern, Jan. 29. Admission \$5. Must be 19+.

Kate Maki CD Release Show with Brent Randall at the Townhouse Tavern, Jan. 30. Admission \$10. Must be 19+

The City Sweethearts, Danny Laj, Lightmares and more at Millard's Garage, Jan. 30

Jenn Grant with Jason Plumb and the Willing at the Townhouse Tavern, Feb. 5. Admission \$10. Must be 19+.



Nickel City Roller Derby Fundraiser at The Ten Lough, Feb. 5. Tickets \$3 and Admission at the door \$5. For more information e-mail nickelcityrollerderby@bell.net

B.A. Johnston, Eye Was an Ion, Baker Muck Rattlers and Nathan Rady at the Townhouse Tavern, Feb. 6. Admission \$5. Must be 19+.

Cindy Doire at the Laughing Buddha, Feb. 7. Admission \$10.

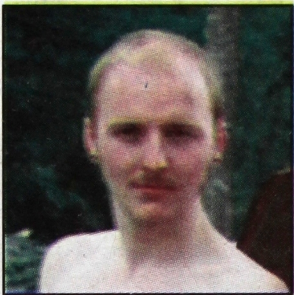
Twisted Valentines Movie Night featuring: Jennifer and My Bloody Valentine at Rainbow Cinemas, Feb. 12. Tickets \$20, includes dinner.

The Music of Shakespeare's London, J.N. Desmarais Library, Mar. 19. Admission \$5 students and seniors, \$7 general.

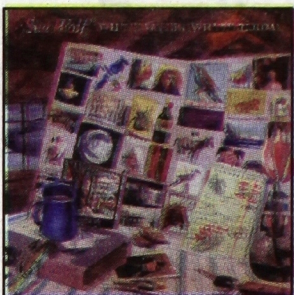
Laurentian Choir: Carmina Burana Plus, St. Andrew's Place, Mar. 25. Admission \$10 students and seniors, \$15 general.

Laurentian Concert Band Final Concert, Alphonse-Raymond Auditorium, Mar. 28. Admission \$5 students, \$10 general.

Evan Bergstra reviews:



VS.



Evan Bergstra
Contributor

When "You're a Wolf" from Sea Wolf's from Get to the River Before it Runs Too Low EP was released again later that year on Sea Wolf's first full length, Leaves in the River, it had already begun making its rounds on YouTube, 90210, and Gossip Girl, among others. It was an easy song to get behind. "You're a Wolf" was gentle but driven, the electric lead was cool but vibrant, the supporting cello was subtle but captivating and, most importantly, the song was catchy. Unfortunately, while the single from Alex Brown Church's band made a noticeable splash, the record reviews were shaky at best.

It's been two years and Sea Wolf has evolved from a shifting body of players to a permanent group. The new line-up makes its recording debut on White Water, White Bloom, produced by Mike Mogis, who is famous for his production of both Bright Eyes and M. Ward, as well as their shared group Monsters of Folk. The latter tidbit is only relevant because upon listening to the album, it is immediately clear that Sea Wolf's sound is anything but groundbreaking. Brown's lyrics carry the same folk-tale sensibility found in those of Bright Eyes, M. Ward, and The Decemberists, and his musical presence is no less comparable. Not only does "Dew in the Grass" begin with "Here by the riverside/I brought my soon-to-be-bride/Through the fog and smoke/watched the geese and the barges flow" but his voice channels enough of Decemberists' frontman Colin Meloy to evoke the comparison before the words are even heard. "Orion & Dog" rings with the sort of fireside lullaby aesthetic I've come to appreciate from Bright Eyes' I'm Wide Awake, It's Morning and, as with the last song, his voice is loyal to the form. While it is to be expected that an artist will draw from their influences, one expects a little more deviation from the source material.

All complaints of the album's lack of creativity aside, the songs are largely enjoyable and may well find themselves running through your head without much effort. The band's musicianship is commendable, enough to have earned them a spot on the soundtrack to The Twilight Saga: New Moon alongside the likes of Thom Yorke, Death Cab for Cutie, and Grizzly Bear. Mogis' production is top notch. It offers a tidy and pleasant package from the folkier end of the indie rock arena whose only sin seems to be that it never pushes any boundaries. If you've grown bored of I'm Wide Awake, It's Morning, M. Ward's Post-War, The Decemberists' Picaresque, and Hey Rosetta's Into Your Lungs, give this disc a spin and you might find something you like. If you haven't heard any of those records, but decided after listening to the New Moon soundtrack that you like Sea Wolf, give this disc a spin; because if you like this kind of music, it only gets better from here.

CKLU 96.7

Top 30 January, 2010

- 1 Vampire Weekend - Contra - XL Recordings
- 2 The xx - XX - Young Turks
- 3 Kate Maki - Two Song Wedding - Confusion Unlimited
- 4 Them Crooked Vultures - Them Crooked Vultures - Interscope
- 5 You Say Party! We Say Die! - XXXX - Paper Bag
- 6 The Flaming Lips - Embryonic - Warner
- 7 Devendra Banhart - What Will We Be - Warner
- 8 Little Girls - Concepts - Paper Bag
- 9 Phoenix - Wolfgang Amadeus Phoenix - Glassnote
- 10 Ox - Burnout - Weewerk
- 11 The Slew - 100% - Puget Sound
- 12 Built To Spill - There Is No Enemy - Warner
- 13 Ruth Minnikin and Her Bandwagon - Depend On This - Song Mill
- 14 Daniel, Fred & Julie - Daniel, Fred & Julie - You've Changed
- 15 Yukon Blonde - Yukon Blonde - Bumstead
- 16 Final Fantasy - Heartland - For Great Justice
- 17 Basia Bulat - Heart Of My Own - Secret City
- 18 Benjamin Gibbard & Jay Farrar - One Fast Move Or I'm Gone - Atlantic
- 19 Band of Skulls - Baby Darling Doll Face Honey - Shangri-La
- 20 Postdata - Postdata - Self-Released
- 21 Woodpigeon - Die Stadt Muzikanten - Boomp
- 22 Said The Whale - Islands Disappear - Hidden Pony
- 23 The Parkas - You Should Have Killed Us When You Had The Chance - Independent
- 24 Kurt Vile - Childish Prodigy - Matador
- 25 Ian Brown - My Way - Universal
- 26 Language Arts - Where Were You In The Wild? - Independent
- 27 Purple Hill - Beechnut St. - Independent
- 28 Four Tet - There Is Love In You - Domino
- 29 Girls - Album - True Panther
- 30 Raised By Swans - No Ghostless Place - Independent

Classic album review with Cosmic Dave:



Cosmic Dave
Contributor

Somehow amongst the hurled cheeseball criticism of this band, they forged ahead to create some of the best albums of the 70's.

Forget that they also had a string of hits the likes of which no other band in that period enjoyed, they remain one of the greatest 'album' makers in popular music.

Time has been kindest to 'Night At The Opera', thanks primarily to 'Wayne's World', with its mesmerizing 'Bohemian Rhapsody'. But in this reviewer's humble opinion their best is 1974's 'Sheer Heart Attack'. Playing like a single piece of music- in particular side one- the record flows like an artist's palette of vibrant colours.

Equal parts 'chud rock metal' (ala Led Zeppelin), glam, and pop, if it was made today it would fly somewhere between Mars Volta and The New Pornographers, with the twinkle of Death Cab For Cutie.

The Learning Clinic: "No Matter Where You Go or Who You Become Never Forget Who Helped You Get There"

Robert Kirwan
Contributor

Sometimes it takes many years of living to really appreciate how much others have for us as we were going through life's ups and downs. As you get older and look back upon your life, you begin to realize that you didn't make it on your own. You had plenty of help along the way. The trouble is that we were not often aware that the help was there and worse of all, when we were aware, we may not have expressed our gratitude properly.

If there is one message I would like to get across to young adults who are beginning their trek down the long road of life, it's simply, "No matter where you go or who you become, never forget who helped you get there." And don't miss out on an opportunity to thank them. This message is best expressed in a little passage I came across the other day on the internet. It is simply entitled, 'Friends'; author unknown.

FRIENDS...

"In the first grade your idea of a good friend was the person who went to the bathroom with you and held your hand as you walked through the scary halls.

In the third grade your idea of a good friend was the person who shared lunch with you when you forgot yours on the bus.

In the fifth grade your idea of a good friend was the person who saved a seat on the back of the bus for you.

In the seventh grade your idea of a friend was the person who let you copy the math homework from the night before that you had forgotten.

In the ninth grade your idea of a good friend was the person who



convinced your parents you shouldn't be grounded.

In the eleventh grade your idea of a good friend was the person who gave you rides in their new car and found you a date to the dance.

Now your idea of a good friend is still: the person who gives you the better of two choices; holds your hand when you're scared; helps you fight off those who try to take advantage of you; thinks of you at times when you are not there; reminds you of what you have forgotten; helps you put the past behind you but understands when you need to hold on to it a little longer; stays with you so that you have confidence; goes out of their way to make time with you; helps you clear up your mistakes; helps you deal with pressure from others; smiles for you when you are sad; helps you become a better person; and most importantly, loves you!

The message is simple. Stay close to your friends and family, for

they have helped you become the person that you are today. Never be afraid to express your love and to tell someone what they mean to you. The difference between expressing love and having regrets is that the regrets may stay around forever. The loved ones may be gone tomorrow.

There's never a wrong time to pick up a phone or send a message telling your friends how much you miss them or how much you love them. Take this opportunity right now to send a message of love to a friend. If you don't, you will have once again passed up a chance to do something loving and beautiful.

Seize the day and have no regrets."

Have a good week!
Robert Kiwan hosts a live talk show on education and career development every Monday evening from 5 to 8 p.m. on CKLU 96.7 FM. You can also find more articles at www.thelearningclinic.ca

MONTHLY HEALTHY EATING TIPS FOR STUDENTS

Lark Fairgrieve
Contributor

February Tip provided by Bridget King
Public Health Nutritionist
Sudbury and District Health Unit

"One tip for surviving the winter months is to share a healthy weekly meal or two with friends. If you buy in bulk e.g. a big bag of potatoes and share the cost of food among everyone this can help to reduce food bills and it can be an enjoyable way to try new and inspiring recipes."

A number of healthy low cost recipes can be found on the EatRight Ontario website <http://www.eatrightontario.ca/en/Recipes.aspx>

RECIPE OF THE MONTH

Tomato Spinach Basil Pasta Salad

2 cups whole grain pasta (farfalle, fusilli, penne, ziti, rotelle; small shells) cook pasta until al dente
2 cups fresh basil
2 cups spinach
1.5 cups cherry tomatoes
1 cup nuts, chopped finely (pine, walnut, almond)
0.5 cup parmesan cheese
1 cup olive oil
3 garlic cloves, chopped

In a small bowl, combine nuts, parmesan cheese, olive oil, basil, and garlic, and blend very well. Combine with warm pasta in a large bowl and add spinach and tomatoes. Top with your favourite cheese (suggested: goat cheese, feta cheese, parmesan) and serve.

Please submit any suggested Healthy Eating Tips and/or Recipe of the Month

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Quantum Dots: Bolting humans, breaking the sound barrier and crazy smart dolphins

Mary Thompson
Contributor

Welcome back to another installment of Quantum Dots, where we let you know what's going on in the scientific world.

Bolting where humans have never gone before

Humans will never be in the same running league as the cheetah, but we may have miles to go before reaching our full running potential. Usain Bolt is the fastest human right now, clocking in at 28 mph, but humans are only barely running at their full potential. The amount of force human limbs could withstand was thought to cap our maximum running speed at less than 30 mph. A recent study compared different gaits, including hopping on one foot and running backwards and forwards, on a high-speed treadmill that could measure applied force. The force from hopping was much greater than the force from running full speed on two feet, indicating that human limbs can withstand greater forces than previously thought. The study claims that our speed is limited by how quickly our muscles can contract to deliver force while running full tilt. The researchers claim that if runners can increase the

contractile speed of their muscles, humans could be racing at 35 to 40 mph.

Breaking the sound barrier, without breaking a sweat

Skydiving is no big deal, right? Just jump out of a plane, free fall for a bit, then pull the chord and float gently down to Earth. How about jumping from a hot air balloon from the stratosphere, 120,000 feet above the ground? That's Felix Baumgartner's plan, and just to top it off, he hopes to break the sound barrier on his way down. If his feat is successful, he will hold the record for the highest jump and become the first person to break the sound barrier, with just his body. The ride up will take about three hours, but the way down is a lot faster. Once reaching the stratosphere, Baumgartner will jump ship, reach supersonic speeds within 35 seconds, free fall for about six minutes, and pull his parachute at 5,000 feet, floating to the ground in about 15 minutes. The scientists in charge of planning his trip are a little foggy on the details of what will happen when he breaks the sound barrier, but they're confident he'll be fine. The jump will provide valuable information about what happens

to a person as they transition into and out of supersonic speed; information that could prove useful for developing personal spacecraft.

Dolphins second only to humans in brain power

We humans have a good head on our shoulders, but dolphins may be a close second in the brain power department. MRI scans show dolphins have a brain four to five times larger than animals of the same body size. Using brain size as a simple measure of intelligence, dolphins are right up there with humans, according to dolphin expert Lori Marino of Emory University. There are other measures of intelligence which also peg dolphins as being comparably intelligent to humans. Dolphins have a large neocortex, which is involved in higher-order thinking and emotional processing. Behavioural studies have also shown dolphins share traits and behaviours thought to be unique to humans; including mirror-self recognition, cultural learning, comprehension of a symbol-based communication system, and understanding abstract concepts. The search for intelligent life in the universe might yield the most results close to home.

Milestones achieved for Lady Vees Darrah Bumstead

Steve Rachkowski
Sports Information Coordinator

Laurentian Athletics is pleased to acknowledge that basketball player Darrah Bumstead of New Hamburg, Ontario has achieved two milestones that will place her in the OUA and Laurentian record books for many years to come.

Bumstead, the fifth year Sport and Physical Education student has enjoyed much success during her basketball career here at Laurentian University. In her fifth and final year as part of the Lady Vees basketball team, Bumstead has achieved two milestones that she will remember as great achievements when she donned the blue and gold. Two weeks ago, Bumstead passed the 1000 point mark when her Lady Vees took to the court against the RMC Paladins and Queen's Gaels. Bumstead's point total to date is 1048. With that total, Bumstead becomes only the third Laurentian basketball player to achieve such a milestone.

"I am very proud of Darrah and what she has accomplished," -- Mike Clarke, Head Coach

Bumstead's second career milestone was also achieved on the same weekend as she has combined for 68 rebounds in her last five games, passing the 800 barrier with a career total of 808 to date. This impressive milestone ranks Bumstead tied for third overall in the OUA record books for total career rebounds. Currently, Bumstead leads the CIS this season in rebounds per game with 11.5.

"I am very proud of Darrah and what she has accomplished," said head coach Mike Clarke.

"She has worked very hard and I knew she would be successful. Darrah came to LU as an athletic kid without a lot of basketball skill, and has developed into a great all around player who is also an exemplary student. I will miss her greatly when she graduates."

In the past two weeks, Bumstead has helped lead her Lady Vees up the OUA east standings as they are currently on a five-game winning streak and now sitting in a tie for second place with the Queen's Gaels who each have 20 points. With only six games remaining Bumstead and her Lady Vees try to catch the Carleton Ravens who are in first place and hope for a long play off run on their route to Nationals.

Bumstead's Lady Vees are back in action this Friday, January 29 when they take on the Queen's Gaels and the RMC Paladins on Saturday, January 30 in Kingston. Game time is set for 6 p.m. against the Gaels and 1 p.m. versus the Paladins. Follow your Lady Vees at www.luvoyageurs.com.

Lady Vees hold on for 57-54 win over Ryerson

Fraser Gibson
Sports Information Writer

The Laurentian Lady Vees took on the Ryerson Rams on January 23 and came up with a close 57-54 win. Norma Jean Roberts of Burnaby, British Columbia led the Lady Vees with a game high 16 points. Darrah Bumstead of New Hamburg, Ontario added eight points and 13 rebounds. Lisa Goldring of Burlington, Ontario had 13 points for the visiting Rams. With the win the Lady Vees have now won five straight.

Jenny Hobbs of Burlington, Ontario opened the scoring for the Rams with a jump-shot. The Lady Vees responded with a 9-0 run to take the early lead. Lisa Furchner of Sudbury, Ontario led the Vees in the first quarter with four points. After the two teams traded baskets, the first quarter ended with the Lady Vees leading the Rams 13-6.

Ryerson opened the second quarter with a 7-0 run to tie the game 13-13. The Rams briefly took the lead later in the quarter but the Lady Vees would hold on for a slim 22-21 lead heading into halftime.

Roberts opened the second half with a three pointer. Ryerson

responded with the next five points to take a one point lead. The Lady Vees countered with six of the next eight points to reclaim the lead. They continued to own the free throw line as they shot 81 percent over the course of the game. Neither team was able to pull away in the later stages of the third quarter. The quarter ended with the Lady Vees ahead 39-35.

Bumstead made two free throws to open the final quarter. Goldring led the Rams on a 7-0 run to take a slim one point lead. The lead did not last long as Roberts led the Vees on a 7-0 run of their own. Kelsey Wright of Brampton, Ontario hit a three pointer to stop the Vees run. Goldring hit two free throws with under two minutes left to bring the Rams within one. The Lady Vees Stayed hot from the line as they went eight for ten in the last minute to wrap up the 57-54 win.

"It was a very tough game. Ryerson is a really hard matchup for us," said head coach Mike Clarke. "Our defence was rock solid all game. We were able to knock down free throws when we needed to. Norma Roberts had a great weekend and really stepped up."

Piper and Jones qualify for CIS championship

Kyleigh Commito
Sports Information Writer

The Laurentian Aqua Vees competed at Wilfrid Laurier University over the weekend against McMaster University, the University of Guelph and the host school. The team posted strong results, with two of its swimmers qualifying for the CIS championship in February.

Jennifer Piper of North Bay, Ont. and Emily Jones of Orangeville, Ont. qualified in the 50-metre butterfly and 50-metre breaststroke events, respectively. Piper swam a time of 29.00 in the 50-metre butterfly, which was strong enough for first place; she also placed first in the 50-metre freestyle and

the 100-metre butterfly. Jones swam a time of 30.90 in the 50-metre backstroke and placed first, but qualified earlier in the day in the lead leg of the 4x50-metre medley relay; she also placed third in the 100-metre individual medley.

Piper and Jones join Kyleigh Commito of Sudbury, Ont. and Brittany Maltais of Trenton, Ont. who qualified for the CIS championship earlier in the season. The event is being held at the University of Toronto on February 18-20.

The team's next race begins on Thursday, February 4-7 at the OUA Championship at Brock University.

LU Nordic Ski Team gets things underway in North Bay

Mary Thompson
Contributor

Two weekends ago Laurentian's varsity ski team competed at their season opening race. The first OUA qualifying race was held at North Bay Nordic and Nippissing University's ski trails. A large complement of rookies filled out the veteran line up and there were strong finishes all around.

Saturday's race was a 10km skate race for the women and 15km for the men. Mary Thompson came out strong, leading the Voyageurs and the field to a first place finish, ahead of Carleton's Alana Thomas in second.

Janel Sauder, of Laurentian University rounded off the podium in third place for the women, just eight seconds behind second. Julia Winter also had a top 10 finish in 8th position, followed by Lindsay Anderson in 16th, Candace Ball in 19th, Aden Beresford in 19th, Marlee Clement 20th and Karyne Carriere 23rd.

The men's team was led by rookie Evan Odell, who finished 3rd and Konrad Wiltmann who was 4th. Matt Strickland finished in 9th,

followed by James Larmer 23rd, Russ Hanson 30th, Matt Ansell 35th, Normand Richard 37th, Dave Ghent-Kyle 45th and Thomas Morton 46th.

There was a venue switch to new ski trails on Nippissing's campus, where the Voyaguers had a strong second day. Thompson was the top finisher in the women's category, followed by Sauder in 5th, Winter in 7th, Anderson 8th, Ball 14th, Beresford 20th, Clement 21st, and Carriere in 25th.

Odell led the men again with a 3rd place finish, followed by Strickland at 12th, Wiltmann 16th, Larmer 20th, Hanson 32nd, Ansell 35th, Richard 34th, Morton 51st and Kyle 54th.

A large part of the team's success on both days is a result of the hard work put in by a world class wax team composed of alumni skiers Brendan Waddell and Reed Morrison, led by Coach Bob Hanson and organized by Emily Conrad. Coach Dean Waddell made sure everything went smoothly and everyone stayed focused.

This weekend the team heads to Hull, Quebec for the second OUA qualifier combined with the Eastern Canadian Champions.

Voyageurs down the Rams

Michael Przybylowski
Sports Information Writer

The Laurentian Voyageurs were downed by the Ryerson Rams in overtime on Saturday, January 23 by a score of 107-104.

All-Canadian Boris Bakovic led the way for the Rams with a double-double scoring 44 points including 10 points in the overtime period and grabbing 10 rebounds. Freshman Manny Pasquale led the Voyageurs with 25 points while adding nine assists in a losing effort.

In what was psyched up to be a high scoring battle between two tied OUA east opponents, both teams came out a bit flat. It took Ryerson four minutes to score their first field goal with the score 8-6 in favour of Laurentian. Kris Montague (East York, Ont.) would score six straight points before a Matas Tirilis (Mississauga, Ont.) layup would break the streak with a layup. Laurentian would end the quarter on a 8-2 run capped by David Otterbein's (London, Ont.) left corner three as they would take a 24-23 lead into the first break.

Ryerson would open the second frame with a 7-0 run. It would take the Voyageurs over four minutes to register a field goal, which Paul Kovacs (Barrie, Ont.) would break on a three from the left corner. Ryerson would grab control of the game from then on as Bakovic would lead the way with nine points and Ryerson would lead 49-41.

Laurentian would fight their way back in the third quarter. With an 11-5 run after both teams traded a few baskets at the beginning. Laurentian would get a big contribution from Isiah Pasquale (Victoria) as he scored 12 of his 16 points in the quarter. Ryerson would fight back at the end of the quarter and take a small four point lead, 71-67.

The fourth quarter was one of the most exciting quarters at the

Ben Avery Gym all season. The crowd would pick up their noise to get behind the Voyageurs. Manny Pasquale (Victoria) and Tirilis would hit clutch shots and free throws combining for 17 of the 26 Voyageur fourth quarter points. Manny would hit a clutch three pointer in the last minute to give the Voyageurs a 93-92 lead. They would then give up several offensive rebounds and fouls, but Ryerson would go 1-4 from the free throw line and tie the game up at 93. Bakovic would miss a last second open jumper that went in and out of the basket win the game thus overtime was needed to decide the game.

Laurentian came out on a 9-4 run in overtime as they looked to complete the weekend sweep led by four points from Tirilis and five points from Kovacs. Bakovic would take Ryerson on his shoulders from there and lead them back to tie the game 104. Then with 10 seconds to go, Kovacs would drive the ball to the net, but miss a lay up. Ryerson's Bakovic would take the ball up the court and into the left corner where he would make an incredible turn around, fade away three point shot at the buzzer for the win.

Laurentian would have an incredible 25 assists to only eight turnovers, while the Rams turned the ball over 13 times. Laurentian was outrebounded 40-33 including giving up 15 offensive rebounds grabbing 12 of their own. The Voyageurs shot 42% from the field, 31% from the free throw line, and 84% from the free throw line. The Rams shot 50% from the field, 28% from the three point line, and 79% from the free throw line.

Laurentian (5-9) will hit the road next weekend and travel to Kingston to take on the Queen's Gaels (7-8) and RMC Paladins (0-15) on Friday and Saturday respectively. Friday's game will tip at 8 p.m. and Saturday's game will tip at 3 p.m.

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